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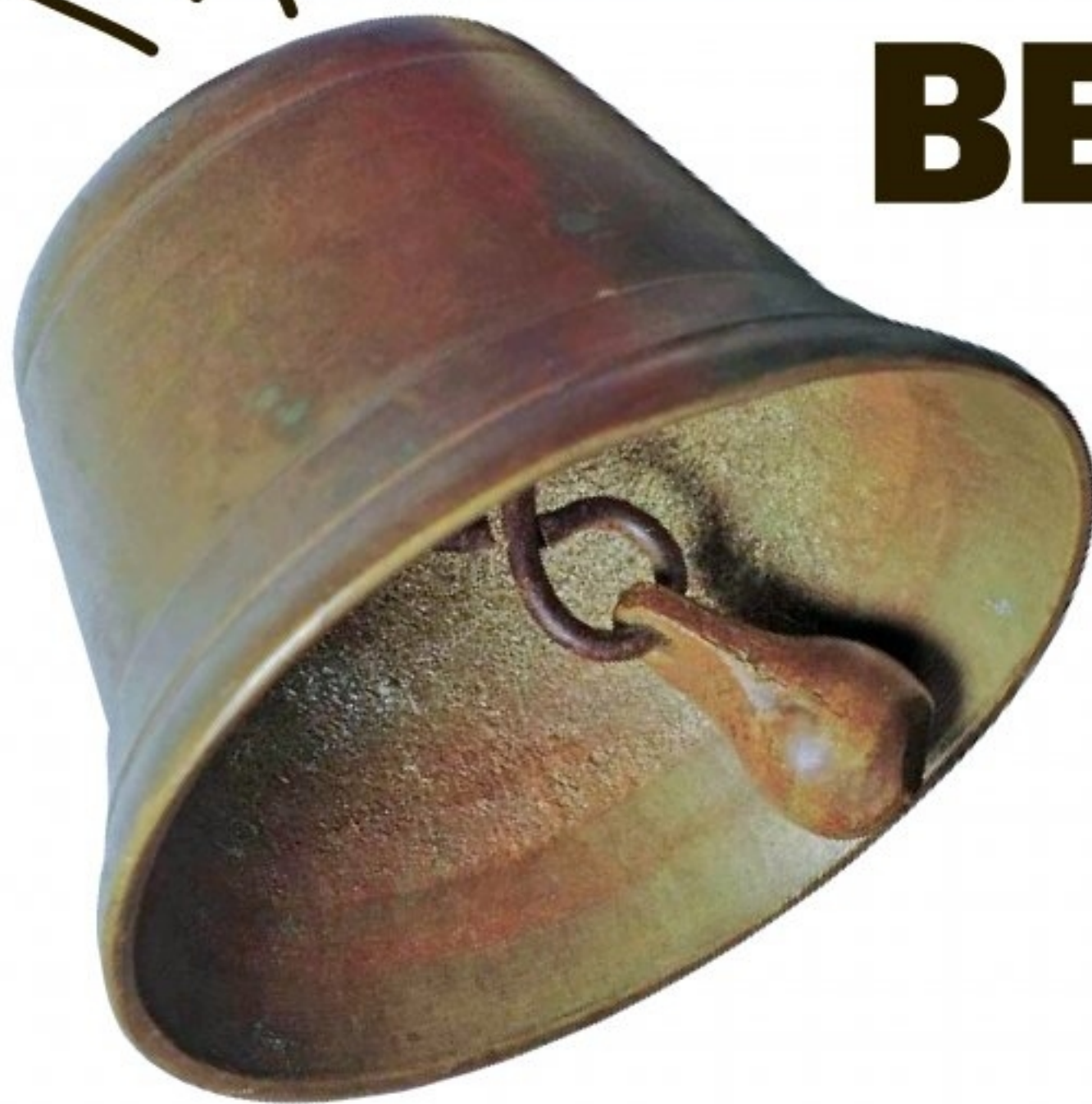
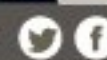


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CELEBRATION

Pride goes through the looking glass

 **Meg Crane**
For Metro | Winnipeg

Pride Winnipeg is having an opening party for the first time in their history.

The organization said Monday the kick-off evening is “destined to be a memorable event as guests’ journey down the rabbit hole to Alice in Prideland.”

The Alice in Wonderland themed party is happening at 411 Main St. on May 27, hours after the weeklong celebration officially starts with the raising of the rainbow flag at city hall.

Internationally acclaimed DJ Natalie Marmaleje along with DJ Two Topping will get the tunes started at 9:30 p.m. while the red and white queen



This year’s pride will feature a party kick-off. METRO FILE



The authenticity of one’s true self can be found in the adventure it takes to find it even if it means going through the rabbit hole first.

Pride Winnipeg

mingles with guests.

Pride will be decorating the space with a wall of 2,000 red roses and life-size dominoes.

“Alice in Prideland hopes to kick off the 2016 pride season by saying the authenticity of one’s true self can be found in the adventure it takes to find it even if it means going through the rabbit hole first,” they said.

As always, the week will be full of community organized events, including Frontrunners’ Pride run on May 28 and a free rollerskating night on May 30.

Pride Winnipeg will wrap-up the week with its annual two-day outdoor festival at The Forks, including vendors, a beer garden and music.

This year’s headliners are Iskwé, Sc Mira, The Noble Thiefs, Mise en Scene and The Revival.

On June 5, the annual Pride rally is being held outside the Legislature building.

The rally is followed by the parade, which Gayle Pruden, a two-spirit Ojibwe woman, has been named the grand marshal of.



Hives don’t have to be disturbed as often using new tools available to apiarists. THINKSTOCK

New technolo-bee

APICULTURE

Sensors in hives mean they needn’t be opened as often

 **Shel Zolkewich**
For Metro | Winnipeg

When apiarist Allan Campbell heads out to check his hives this summer, he’ll have a new tool to help him optimize honey production — an iPad.

Sensors placed inside the hives will relay information directly to Campbell and his

crew to help them keep watch on what’s happening in the hives and make better decisions about when to harvest honey.

“Right now the only way to inspect bees is to open the lid, puff smoke in and take the hive apart to examine it,” explained Campbell.

His operation, Durston Honey Farms, is based in Dauphin and is one of Manitoba’s largest honey producers, with 3,500 hives located throughout the province as well as in the Fraser and Okanagan Valleys of British Columbia.

The technology was developed by Winnipeg software firm Function Four and a team of researchers led by Profes-

sor Cyrus Shafai at the University of Manitoba. Funding came from Mitacs, a national not-for-profit organization that works with universities, private companies and both federal and provincial governments to develop the next generation of innovators.

Canadian beekeepers are facing increased competition from low-priced imported honey that’s often diluted with corn or rice syrup. At

the same time, Canadian honey producers are under increased pressure to comply with emerging food traceability standards.

“This technology is putting our company ahead of the farm-to-fork curve,” Campbell said. “Ultimately our goal is to be able to tell consumers, this honey came from hive number 457 at this precise location and the name of the queen is Carrie.”



Ultimately our goal is to be able to tell consumers, this honey came from hive number 457 at this precise location and the name of the queen is Carrie. Allan Campbell

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VOLUNTEER SUPPORT

Tipping fees waived for cleanups

A city committee voted to waive tipping fees for community groups interested in organizing neighbourhood cleanups.

Monday's meeting of the water and waste, riverbank management and environment committee voted to waive fees, not exceeding 70 tonnes of waste.

In total, the city expects to lose \$4,970 in revenue from not charging the fees.

"Waiving the tipping fees would make the cost of a community cleanup events less prohibitive for community groups and would encourage great participation," a report reads.

The city expects five to 10 groups to apply for the fees to be waived. METRO

COSTS

City saves on sewage plant upgrades

Good news for the City of Winnipeg.

Monday's committee that deals with water and waste heard a report that says the next stage of construction for the expansion and upgrades to the South End Sewage Treatment plant will cost around \$10 million less than expected.

The city expected to spend around \$49.6 million on various construction projects for the plant, but a bid from NAC Construction Ltd., came in at \$39.7 million.

The total cost of the upgrades, which are required under provincial licensing requirements, is earmarked at nearly \$336 million.

The work is expected to be complete by 2018.

METRO



"This is the time crunch ... we are going to see what the proposals are."

Coun. Brian Mayes

Coun. Brian Mayes said time is running out to make changes to the city's garbage and recycling collection. STEPHANIE TAYLOR/METRO

Recycling redo urged

WASTE MANAGEMENT

Staff advises city reduce number of pickup zones



Stephanie Taylor
Metro | Winnipeg

Time has run out for any sweeping changes to Winnipeg's garbage and recycling collection.

On Monday, city staff told members of the committee that deals with water and waste issues that redividing

new waste collection contracts into two zones, as compared to the current four, is the best choice for both price and service delivery.

This comes after a motion brought forward back in February asked department staff to examine renegotiating waste collection contracts into three zones with staggered start dates, in order to smooth the transition between new contracts, since the city's current ones expire in 2017.

Presently, the bulk of residents' recycling and garbage is hauled away by Emterra Environmental.

According to a report outlining staff's reasoning, any

more than two collection areas would cost the city more cash, citing the need for additional staffing to manage contractors, which could lead to a duplication of resources.

"This is the time crunch," committee chairman, Coun. Brian Mayes told reporters after Monday's meeting.

He said full council would be able to vote on which companies' to award the future contracts come the fall, but confirmed there are no current plans to conduct a review of the service in the meantime.

"Time is running out to do that," Mayes said.

"The service (from Emterra) has gotten better over the last

four years, but we are going to see what the proposals are."

Couns. John Orlikow and Janice Lukes addressed Monday's committee as delegates, expressing concern that service alternatives should be explored instead of moving forward with the status quo.

For example, they pitched ideas of smaller garbage bins, for larger recycling carts, and moving to bi-weekly trash pick-up.

Acting director of the water and waste department, Moira Geer, wouldn't talk specifics about the request for proposals the city plans to issue later this month, saying only, "We have built in provisions to enhance the level of service."

ORGANICS

Diversion goal likely unrealistic

Coun. Jenny Gerbasi voiced concerns Monday that approving new contracts for garbage and recycling pickup may prevent the city from making progress on introducing organics collection.

The committee heard that once given the go-ahead from council, new waste collection contracts, which would come into effect in 2017, could for last seven years.

Gerbasi questioned staff on whether there would be flexibility in the contracts to allow for a potential organics program, or if the city would need to wait until after 2024.

"We have a plan that calls for us to get to 50 per cent diversion, and we know the only way we'll do it is with a compost plan being built," she said.

"I just want to make sure I'm not making a decision that delays (organics collection) any further than what it already is."

Moira Geer, acting director of the water and waste department, said there could be contracts to launch a pilot program in the future, but substantive changes to waste collection overall would have to wait.

She said it would take at least four years from the time council potentially approves an organics collection plan to actually see a program in place, which includes building a processing facility.

And as for that 2011 approved council goal of diverting 50 per cent of waste from landfills by 2020?

Geer said she believes councillors are aware that will not be achieved until an organics program is in place — something that won't happen in the next four years.

"Unless we start recycling a lot," said Randy Park, supervisor of waste diversion.

STEPHANIE TAYLOR/METRO

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metr[®] EXPLAINS

Bell's takeover of MTS likely to restrict your service options

Bell announced Monday it is planning to buy Manitoba Telecom Systems in a friendly takeover deal worth \$3.9 billion. The deal still needs regulatory and shareholder approval.

Metro breaks down what this means for you as a consumer.

YOU MIGHT BE HANDED OFF TO TELUS

Do you have a cellphone plan with MTS? The deal with Bell has a caveat to hand over a third of MTS wireless customers over to Telus. There was no announced plan in place regarding how this would be accomplished, but you might suddenly find yourself a Telus customer even if you want to stick with Bell.

LESS CONSUMER CHOICE

The federal government is trying to adopt a strategy through which there would be four wireless competitors in each market. This deal would effectively bring Manitoba's choices down to three — Bell, Telus and Rogers — for cellphone service.

YOU'RE LIKELY GOING TO PAY MORE IN THE END

They may deny it, but prices are likely to go up.



George Cope, president and CEO of BCE Inc., addresses the company's annual meeting on April 28 in Montreal. BCE Inc. has a friendly deal to buy Manitoba Telecom Services Inc. in a deal it values at \$3.9 billion. PAUL CHIASSON/THE CANADIAN PRESS

Manitoba has the lowest wireless prices in Canada.

That \$70 plan in Manitoba, which includes unlimited nationwide calling and 6 GB of data, is \$85 in Ontario — and only includes 500 MB of data. The prices for Bell, Rogers and Telus are lower

in Manitoba because MTS's prices were lower.

FASTER INTERNET SERVICE

Bell says it intends — let's highlight that word, here — to invest \$1 billion over five years to improve wireless and Internet service. It says 12

months after the deal closes, it will offer Gigabit Fibe Internet, which it says will offer average access speeds "up to" 20 times faster than what MTS offers today.

Wireless customers can also expect faster download speeds.

WINNIPEG'S ARENA

Can Canada handle two Bell Centres? Bell says the MTS name will stick around, but it's unsure how long that will last. MTS has the naming rights to the arena until 2021, with the option to extend to 2030. METRO

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Finding beauty in a dark headspace

MENTAL HEALTH

Emily Wood grapples with her anxiety for musical success



Meg Crane
For Metro | Winnipeg

Local musician Emily Wood never thought, in her journey through her darkest days, that it would inspire magical music.

Wood says she went from being hospitalized for anxiety to singing publicly under the name Emily and the Moon.

"After years of feeling afraid and alone and crying every night, I genuinely felt nobody would miss me," said the pop/folk songwriter. "I went to Anxiety Disorders Association of Manitoba and remember filling out a questionnaire and looking at all the check marks and just crying when I realized I was broken."

Initially, Wood said she was diagnosed with social anxiety, but later told she had aspects of several forms.

"I had traits of panic, social and generalized anxiety disorder, which made me feel even more like a lost cause," said Wood.

Instead of giving up, Wood made a list of fears she was going to overcome, including singing for an audience.

"I thought about all the music that's touched me so immensely,



Emily Wood fought her anxiety to achieve her dream. HANDOUT

and thought maybe if I could write something one day and reach one person, how incredible would that be?" said Wood.

Now, Wood can answer that question.

She said she's received messages from people around the world who have been impacted by her lyrics, which focus on themes of love, anxiety and personal growth.

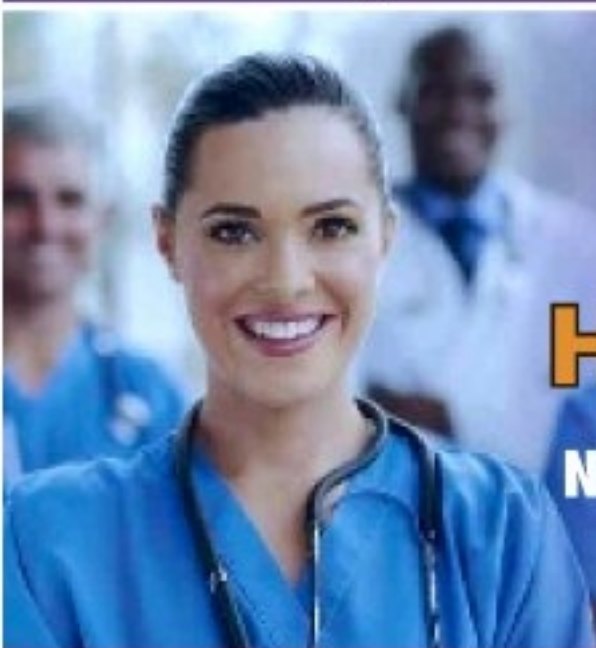
One woman from Yellowknife was inspired by Emily and the

Moon to publish a book, which her own anxiety had previously prevented her from doing.

Local musicians—such as James Roth of The Pushing Daisies and John Huver of The Perms—are performing with Wood on her debut EP, *Polaris*, which she expects to release in June.

"I'm so lucky these people have taken a chance on me, because it's turning into something quite magical," said Wood.

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POLITICS DUFFY RESUMES SENATORIAL DUTIES ON PARLIAMENT HILL Sen. Mike Duffy is back on Parliament Hill after keeping a low profile during his long-running legal odyssey. Duffy's return comes less than two weeks after he was acquitted of all 31 charges in his trial for fraud, breach of trust and bribery. Duffy was suspended from the Senate over his expense troubles, but the suspension was lifted with the last federal election. SEAN KILPATRICK/THE CANADIAN PRESS

Feds quietly pay \$75M settlement

LAC-MEGANTIC

Move may have been made to avoid lawsuits in train tragedy

The federal government quietly spent \$75 million to settle with victims and creditors affected by the Lac-Mégantic rail disaster — a contribution that also shielded it from lawsuits related to the deadly crash.

Former transport minister Lisa Raitt said the deal, which involved 24 other defendants who settled, was under negotiation before her Conservatives lost the October election to the Liberals.

The Liberals have refused to reveal how much the government gave to the \$460-million settlement fund, even though at least two parties accused of wrongdoing in the deadly Quebec derailment disclosed their contributions.

But in a recent interview Raitt

said the amount was public.

She said it was included in Transport Canada's supplementary estimates as well as in its quarterly financial report under "out-of-court settlement." The amount listed is \$75 million.

Last week, Transport Minister Marc Garneau said the figure was "classified" when asked how much taxpayer money the government set aside for the settlement.

Garneau also reiterated Ottawa's denial — under both the Liberals and the Tories — that it had any legal responsibility for the 2013 oil-train accident that killed 47 people and levelled part of Lac-Mégantic.

"We don't acknowledge that we had any responsibility; however, we did want to make a contribution because of the

impact of this terrible tragedy in Lac-Mégantic," Garneau said last week.

Raitt agreed the government's main goal behind the settlement was to speed up the process.

"The motivation was simple: this was an opportunity to get money to the victims for wrongful death in a shorter period of time through the U.S. bankruptcy proceedings as opposed to a long, drawn-out, litigious court case," Raitt said in a recent interview.

The decision to settle may have also been made to avoid the cost of fighting in court. It would have faced numerous lawsuits related to the derailment on both sides of the border, said the U.S.-based bankruptcy trustee for the company at the centre of the crash — Montreal, Maine & Atlantic Railway. THE CANADIAN PRESS



We don't acknowledge that we had any responsibility; however, we did want to make a contribution. Marc Garneau



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Cruz on the precipice

U.S. REPUBLICAN PRIMARIES

Indiana 'make or break' for Trump's No. 1 competition

Ted Cruz's conservative crusade for the presidency fought for new life Monday ahead of an Indiana vote that could effectively end the GOP's primary season. The fiery Texas senator hinted at an exit strategy, even as he vowed to compete to the end against surging Republican front-runner Donald Trump.

"I am in for the distance — as long as we have a viable path to victory," Cruz told reporters after campaigning at a popular breakfast stop.

With his supporters fearing Cruz could lose a seventh consecutive state Tuesday, the candidate's formulation hinted at a time when he may give up.

Like Ohio Gov. John Kasich, Cruz is already mathematically eliminated from reaching a delegate majority before the Republican Party's national convention in July. He retreated to Indiana



Republican presidential candidate Ted Cruz, right, exchanges words with Donald Trump supporters during a visit to Marion, Ind., on Monday. JEFF MOREHEAD/CHRONICLE-TRIBUNE VIA THE ASSOCIATED PRESS

more than a week ago, hoping a win could at least help him deny Trump an outright primary victory and lead to a contested convention.

But a recent poll of likely Indiana voters showed Trump holding a commanding lead.



Millions of Americans are praying for this state.

Ted Cruz

At a stop in Monday in Marion, Ind., Trump supporters confronted Cruz.

"Lyin' Ted!" yelled one, using Trump's pet name for his rival.

"What do you like about him?" Cruz asked the man. "Name one thing."

"Everything," the protester replied.

After six straight victories across the Northeast late last month, math and momentum are on Trump's side. The anti-Trump movement's only hope is to deny the billionaire businessman a 1,237-delegate majority by defeating him in Indiana and the handful of contests remaining over the next month. Then, Cruz or another candidate would have to beat him when delegates gather in Cleveland in July.

"Millions of Americans are praying for this state," Cruz said. "The entire country is depending on the state of Indiana to pull us back from this cliff."

Trump's team sensed an Indiana knockout.

"Indiana is Ted Cruz's firewall. It's where he says that it's make-or-break for him," Trump campaign manager Corey Lewandowski said.

Trump, for his part, held a pair of rallies in the state Monday.

"Indiana is very important, because if I win that's the end of it," Trump said at an unscheduled stop at Shapiro's Delicatessen in Indianapolis.

THE ASSOCIATED PRESS

PANAMA PAPERS

Finnish media refuses tax brass

Finnish broadcaster YLE says it won't provide documents related to the Panama Papers to the country's tax authority, which has demanded access to them in an apparent move to trace tax dodgers with offshore accounts.

YLE lawyer Kirsi-Marja Oksanen says they won't comply with the request from the Finnish Tax Authority, which set an April 29 deadline for receiving the information. She said Monday that tax officials had also threatened to call on police to help them obtain the documents.

Oksanen said Monday that YLE will appeal to the Helsinki Administrative Court. It has until mid-July to do so.

The tax office move has been widely criticized in the Nordic country, which hosts World Press Freedom day this week with more than 1,000 media professionals expected to attend. THE ASSOCIATED PRESS

EGYPT

Journalists condemn 'raid'

Egypt's journalists' union called for the dismissal of the interior minister and launched an open-ended sit-in at its headquarters in Cairo on Monday, protesting the detention of two journalists on its premises the previous night.

After an emergency meeting, the Journalist Syndicate also announced a general assembly to be held on Wednesday as well action on World Press Freedom Day on Tuesday.

Throughout the day, dozens gathered at the building's steps, chanting "journalists are not terrorists," and "the Interior Ministry are thugs." But most of the side streets were eventually cordoned off by police up to several blocks away, and by the end of the day entry to the area was heavily restricted.

The union described the police's entry into the building as a "raid by security forces whose blatant barbarism and aggression on the dignity of the press and journalists and their syndicate has surprised the journalistic community and the Egyptian people." Union members said the raid was heavy-handed, involving dozens of officers storming their way in and resulting in a security guard being injured.

Police denied they entered the building by force and said only eight officers were involved, acting on an arrest warrant for the two journalists accused of organ-



Egypt's journalists' syndicate called for the dismissal of the interior minister and an immediate sit-in at its headquarters in downtown Cairo on Monday. BRIAN ROHAN/THE ASSOCIATED PRESS

izing protests to destabilize the country. Demonstrations without prior authorization are banned in Egypt, and rallies in general are rarely allowed unless they are pro-government. Protesters are subject to arrest.

"The Ministry of Interior affirms that it did not raid the syndicate or use any kind of force in arresting the two, who turned themselves in as soon as they were told of the arrest warrant," the ministry said in a statement.

The two journalists, Amr Badr and Mahmoud el-Sakka, are government critics who work for a

website known as January Gate, which is also critical of President Abdel-Fattah el-Sissi's government. They had begun their own mini sit-in at the union headquarters after discovering that police had searched their homes while looking for them.

Later in the day, the prosecutor general's office issued a statement saying the two journalists were arrested under an April 19 warrant and that "firearms, Molotov cocktails and inflammatory leaflets" were found during the searches of their homes.

THE ASSOCIATED PRESS



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HARSHER PENALTIES FOR TRANSIT ASSAULTS

Winnipeg Transit will be rolling out a new awareness campaign to remind the public about changes to the Criminal Code of Canada (Bill S-221) which aims to further protect public transit operators. Under the new law, threatening or assaulting a transit operator shall be considered an aggravating offence by the court when imposing a sentence for the offence.

Bill S-221 amended the Criminal Code to create a new aggravating factor for the purpose of sentencing offenders convicted of five specific offences and where the victim was at the time of the offence, a public transit operator engaged in the performance of his or her duty. The five specific Criminal Code offences include:

- Uttering threats
- Assault
- Assault with a weapon or causing bodily harm
- Aggravated assault
- Unlawfully causing bodily harm

The "Your Next Stop" campaign features a photo of a jail cell with the following line, "Assaulting a bus driver could make this your next stop." The campaign will be seen on buses, transit shelters and benches.

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winnipegtransit.com



Feud threatens popular film fest

SOUTH KOREA

Dispute over artistic liberty leaves fate of event in the air

The future of Asia's largest, most-awaited film festival is in question as South Korean filmmakers threaten to boycott the red carpet over what they view as government interference.

Officials of the Busan International Film Festival say the feud between organizers and the host city of Busan, its largest financial sponsor, started two years ago when the festival's program displeased government officials.

Their biggest objection was over the film, *Truth Shall Not Sink With The Sewol*, which excoriated South Korean authorities for botching rescue operations during a ferry disaster that left 304 people, mostly high school students, dead or missing.

THE EVENT

The Busan festival premieres films from novice Asian directors and has often spotlighted major new talent, including Venice Film Festival Golden Lion winner Jia Zhangke. For the past 20 years, moviegoers and industry officials have watched Busan, hoping to discover Asia's next-generation Wong Kar Wai or Ang Lee.

Festival organizers defied Busan Mayor Suh Byung-soo's request they not screen the documentary, and "That's where all the problems started," Kim Ji-seok, its executive programmer, said in an interview.

Ahead of the Oct. 6-15 annual event, when they should be focusing on scouting new talent and viewing film submissions from around the world, city and festival officials are

deadlocked over how to reform the festival's management.

The two sides are feuding over who should succeed the Busan mayor as the festival's executive chairman. Usually, the mayor gets that post due to the city's role as the event's biggest sponsor. But filmmakers want someone from the industry to be in charge.

Each side has a big stake in the festival and wants greater control.

Kim, a co-founder of the 21-year-old festival, says it cannot continue if financial sponsors and politicians meddle with the movie selections. In March, local film professionals issued an ultimatum, threatening to boycott the event unless the mayor resigns and, among other things, unless the festival's rules are amended to ensure its independence.

But the authorities are less enthusiastic about allowing artists a free rein when it comes to contentious topics like the ferry catastrophe.

THE ASSOCIATED PRESS

IN BRIEF

Shelling and drone attacks kill ISIL militants, Turkish authorities claim

The Turkish military said Monday that artillery shelling and drone attacks by the U.S.-led coalition have struck Islamic State positions in Syria and killed a total of 63 militants.

The airstrikes were informed by intelligence gathered by the Turkish army, the private Dogan news agency reported.

The Associated Press was unable to immediately verify the reported casualties.

THE ASSOCIATED PRESS

American student and her mother rescued in New Zealand

An American exchange student and her mother were rescued over the weekend in the New Zealand wilderness, where they were lost for five days after setting off on a day hike.

Rachel Lloyd, 22, is now recovering in Wellington Hospital with her mother, Carolyn, at her side.

THE ASSOCIATED PRESS



MORE THAN JUST A CRUISE SHIP CUBA WELCOMES AMERICAN VESSEL Yaney Cajigal waves a U.S. flag as she watches the arrival of Carnival's Adonia cruise ship from Miami in Havana, Cuba, Monday. The Adonia's arrival is the first step toward a future in which thousands of ships a year could cross the Florida Straits, long closed to most U.S.-Cuba traffic due to tensions that once brought the world to the brink of nuclear war. Cruise ships stopped crossing the Florida Straits from the U.S. after a brief window in the late 1970s when President Jimmy Carter allowed virtually all U.S. travel to Cuba. U.S. cruises to Cuba once again become possible after Presidents Barack Obama and Raul Castro declared detente on Dec. 17, 2014.

MICHAEL WEISSENSTEIN/THE ASSOCIATED PRESS

Domestic flight prices flying low

TRAVEL

Yet carriers say third-party fees may outweigh cheap base cost

The average domestic airfare on major Canadian airlines remained at a six-year low in the third quarter of 2015, according to the latest figures from Statistics Canada, although that might come as a surprise to travellers.

In its report this week, the agency said a one-way domestic flight cost on average \$175.70 before fees and taxes, down from \$187.60 a year earlier.

International fares edged up by just 60 cents, from \$340.60 to \$341.20.

Statistics Canada says the \$12 drop in domestic prices allowed Canada's overall rates to remain at their lowest levels in six years.

The figures are based on WestJet, Air Transat and Air Canada and its subsidiaries.

However, the total cost of



The \$12 price drop was calculated on figures from WestJet, Air Transat and Air Canada and its subsidiaries. TORSTAR NEWS SERVICE FILE

a ticket still remains high, as airport improvement fees, fuel surcharges, security fees and other charges are constantly on the rise.

Marc-Andre O'Rourke, executive director of the Ottawa-based National Airlines Council of Canada, says those extra fees may keep consumers from seeing the low base-fare reflected in the total cost.

"All those fees, airlines have no control over; government and agencies adding their own fees to the airfare," he says.

O'Rourke, whose group represents

Canada's major airlines, says carriers are doing what they can to keep ticket prices down but have little control over what consumers actually end up paying for a flight.

"The frustrating part is that our member airlines are doing their part to keep their prices competitive, but then we have these third-party taxes and fees that piggyback on the airfare that affect the total that the passenger pays," O'Rourke says, adding that ticket prices are not directly correlated to fuel prices.

THE CANADIAN PRESS

TECHNOLOGY

Bitcoin mystery may be solved

The mystery creator of the digital currency Bitcoin has finally stepped forward. Or has he?

Australian inventor Craig Steven Wright announced Monday that he is "Satoshi Nakamoto," the elusive, pseudonymous bitcoin founder.

In interviews with the Economist, BBC, GQ and a few Bitcoin insiders, bolstered by a technical

demonstration intended to prove that he and Nakamoto are one and the same, Wright tried to lay to rest one of the biggest mysteries in the tech world.

While some bitcoin experts accept his demonstration as evidence that Wright is indeed Nakamoto, others argue that his supposed proof doesn't prove anything. THE ASSOCIATED PRESS



Craig Wright
BBC NEWS/THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD

Survey says: We do, in fact, believe survivors — most of the time

It was announced with all but a flourish of applause: Two-third of Canadians believe the majority of sexual assault claims are true. (The (!) was silent.)

You can almost hear the Ghomeshi protesters still chanting, "We believe survivors!"

And if you recall those frenzied weeks, when some (I was one) truly thought a real or metaphorical beast of sexism might be slayed, you will remember that, yes, it was mostly women's voices. Outside the courthouse, and at the rally after the acquittal.

Happily, in this new poll released yesterday by the Canadian Women's Foundation, men are better represented. But the numbers remain decidedly gendered. While 75 per cent of women believe most claims of sexual assault, only 59 per cent of men do. Men are also twice as likely to think sexual assault claims are false, though it's a merciful two per cent.

Men are more likely to say sexual assault is not very or not at all common, at 22 per cent. A whopping 93 per cent of women, on the other hand, say it's very or somewhat common. Men are more likely to say the issue is exaggerated by women's groups, and less likely to say sexual assault is the fault of the perpetrator. The poll also suggests men are less likely to believe that perpetrators (men) might feel entitled to

victims (women's) bodies.

I don't even need to extrapolate a probable cause for all this, because it's also right there in the data: Women are more likely to say sexual assault has touched their life or that of someone they know, and they are more likely to say sexual assault is underreported.

The Canadian Women's Foundation released the poll with praise for Canadians' willingness to believe survivors, but it also explains very clearly how unwilling many men remain.

It makes sense, though it's lazy, that someone wouldn't understand what they haven't experienced: namely, the sexualization of yourself in every facet of life, for men's and society's sake. Women, on the other hand, experience sexual assault like the weather.

This pervasiveness of both sexism and disbelief in sexism has given us such gems as the "attention-seeking" woman who risks personal and professional backlash in order to press sexual-assault charges, and Conservative MP Michelle Rempel, whose pedestrian, even mundane account of sexual harassment went viral, as if it were new, racy, or surprising.

This disbelief also feeds the need to celebrate any evidence of belief. But men, more than women, don't need applause: What they need is a little help getting this whole sexism thing.

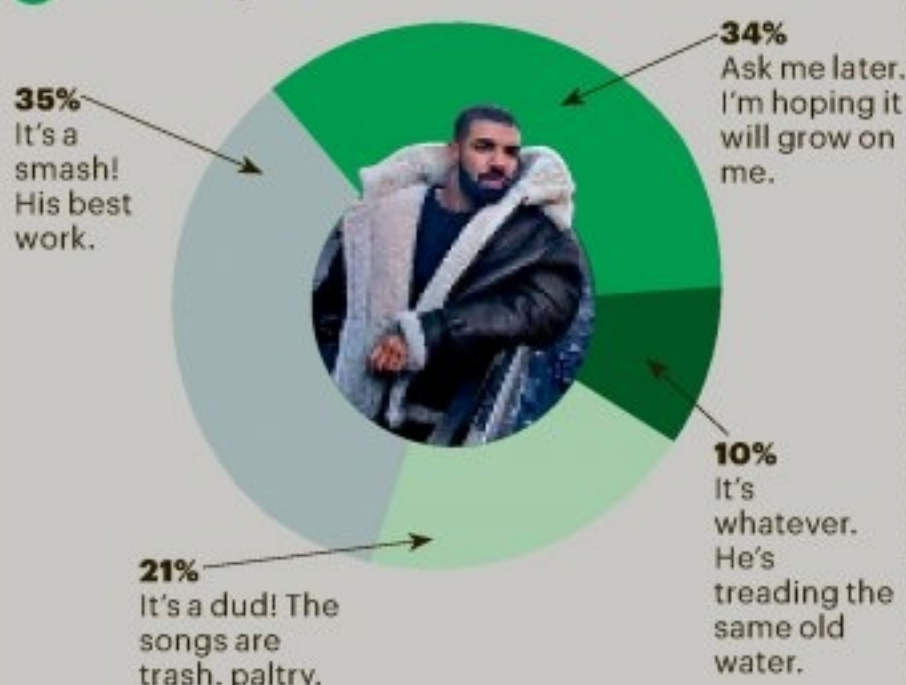
METRO POLL

What are your views on the new Drake?

Dope 6ix god or homesick clod?

Late Thursday night, The 6 was, for once, the actual centre of the universe, as Drake's fourth official album, almost two years in the hyping, premiered on Apple Music. The release was a sensation on social media, but early reviews were mixed: Some critics said it was a triumph; others said it was dull, repetitive and ponderous. We asked Metro readers to weigh in. Here's what you told us.

1 What do you think of the album overall?



2 We asked you to rate each track. Here's how you voted (avg. score out of 5):

- Hotline Bling (3.60)
- One Dance (3.56)
- Hype (3.38)
- Pop Style (3.33)
- Weston Rd. Flows (3.33)
- Controlla (3.28)
- Feel No Ways (3.23)
- Grammys (3.18)
- U With Me? (3.13)
- 9 (3.12)
- Views (3.10)
- Keep the Family Close (3.09)
- With You (3.06)
- Still Here (3.05)
- Redemption (3.05)
- Child's Play (3.02)
- Too Good (2.97)
- Faithful (2.89)
- Fire & Desire (2.89)
- Summer's Over (2.62)

WE ASKED Metro readers

This record is special. Why don't critics realize that the 'monotonous' effect is intentional?

Drake sucks. He isn't talented and his music is garbage.

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HAVE YOUR SAY

PSB's future matters more than its past

YOUR RIDE

Colin Fast



Now that the long-running drama over whether the Public Safety Building will live or die is almost over — council voted unanimously last week to start the wrecking ball rolling on its likely destruction — attention turns to what will replace the giant bunker on Princess Street.

Granted many Winnipeggers might think a

The next iteration of the PSB site will have a profound impact on the continued renaissance of the Exchange District.

pile of rubble would offer more aesthetic appeal than the current building, the next iteration of the PSB site will have a profound impact on the continued renaissance of the Exchange District.

The civic administration's top proposal is to sell part of the land to a private developer and turn the rest into a public plaza. On paper, it's the cheapest, safest choice. But in reality, the city has to do better.

The area is already filled with underused plazas like the city hall courtyard, the Steinkopf Gardens next to the concert hall, and the corners of Portage and Main. In fact, there's already a large plaza on the northeast corner of the PSB block. Never been there? Don't worry, no one has.

Building another plaza might satisfy the require-

ments of a 141-year-old caveat that says the land can only be used for civic purposes, but it won't do anything to capitalize on the momentum of the neighbourhood. It might even hurt nearby Old Market Square, which is the one public space that is working in the area.

The city has other options. It could develop a civic office campus, which would be expensive but would also draw hundreds more city employees into the Exchange and lead to operating efficiencies. It could also build a large parking structure to replace the condemned civic parkade and provide some needed additional capacity in the Exchange District.

Perhaps the best solution would be for the city to buy out the caveat from the descendants of the family that originally sold

the land to the city. Then it could bundle the entire block for sale to private developers. In the long run, that might yield the best development for the area, the highest property tax values, and the lowest cost for the city.

The mayor has promised a consultation on what should be done with the site, so let's hope this is a meaningful exercise that gives the public an opportunity to come up with a creative solution to the PSB problem. Because the only thing worse than having an empty eyesore sitting on that site will be creating a giant void in the street-scape masquerading as a "public" plaza.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter.

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BY THE NUMBERS

Explaining the 1-minute workout

Busy people, listen up: What if you could push yourself to the max for just one minute and reap the benefits of a longer gym session? TORSTAR NEWS SERVICE



CONCLUSIONS AND LIMITATIONS The study was on the small side — just 25 participants — and didn't involve women, although Gibala says his team is working on parallel female research. Still, he says it's one of his most comprehensive studies to date, and innovative in its head-to-head comparison between small-dose sprint training and the traditional approach. Jonathan Little, an assistant professor at the University of British Columbia Okanagan's school of health and exercise science, praised the McMaster study, saying it's surpassing previous research. "No studies before have really looked at this very low time-efficient strategy for anything longer than six weeks," he says. istock

60

A new Canadian study from McMaster University shows doing **just 60 seconds** of intense sprint intervals offers the same health benefits as 45 minutes of less-strenuous continuous exercise — further reinforcing the benefits of trendy high-intensity interval training, or HIIT.

This is a reminder that even if you have **10 minutes** in your day — on your lunch hour — you can get in a **quality workout** with intense exercise

Martin Gibala, professor and chair of McMaster's department of kinesiology



The 12-week study focused on two groups of inactive men, with one group doing sprint interval training and the other doing continuous workouts three times a week on bicycles. Both groups improved cardiovascular fitness by nearly 20 per cent. But the interval-based group did 10 minutes for each session, broken into a two-minute warm-up, a 20-second burst, a two-minute recovery, another 20-second burst, another two-minute recovery, a final 20-second burst, followed by a three-minute cool-down. Those three 20-second bursts totalled just one minute of intense exercise. In contrast, the second group did 50 minutes of continuous exercise for each session, with a 45-minute workout plus warm-up and cool-down time. **That's a big difference in time commitment over a week: Just 30 minutes of exercise versus 150 minutes of exercise.**

30
VS
150

I tried to date local with the one-mile Tinder diet

ROMANCE

When it comes to finding The One, efficiency has its pitfalls

Amber Shortt
Torstar News Service

Dating is hard enough in the city without adding a commute.

After a long day at work, the last thing anyone wants to do is sacrifice crucial do-nothing time for being stuck hot and nervous on a streetcar trying to remember some anecdote about a place they went to in Italy that one time. Especially when the end result is almost always unsuccessful (It just takes one, so I keep being told).

And so after a couple years of singledom, I decided to rein in what had begun to feel like a long-running social experiment. I opened my dating app distance preferences and em-

barked on a One Mile Tinder Diet.

I'd read a New York Times article citing a 1932 study that found of 5,000 marriage licences issued in Philadelphia, one-third of the couples had lived in a five-block radius of one another before marrying, 1 in 6 in a one-block radius, and 1 in 8 at the exact same address.

I live in a pretty trendy area of downtown Toronto filled with many young(ish) eligible professionals like myself, and doesn't all the collective wisdom about online dating tell us too much choice is a bad thing?

And at first it seemed promising. Keeping it in the neighbourhood meant there'd always be time to bike home and re-tousle my helmet hair before heading out to a nearby and well-tested drinking establishment.

I could wear whatever shoes I wanted without my feet hurting.

And even if the boy next door wasn't Mr. Right or even

Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix.

And that's exactly how it went, with the exception of one Tinder Tourist, who was swiping near my home when he really lived in the east end.

Then things actually became promising. One date with a cute guy became multiple dates, and I'd started to think I was a genius as we strolled to the park near our condos to share his homemade vanilla bean ice cream that didn't have a chance of melting along the way.

But it wasn't long before I came to see the drawbacks of my plan. While out one afternoon in a less-than-date-ready outfit, I passed him drinking

with a friend on a patio and thought how awkward this would be should our romance end, as it did, not long after.

Now, I realize, a walk to the grocery store or liquor store comes with the chance of seeing a past suitor and seeing him on a date with someone else, and so I have to think about going to the supermarket a few blocks over or taking a long route to a different park, one that doesn't involve walking past any of the bars I think he might frequent.

And so I've recast my net a few more miles out. Because, really, avoiding a former flame is frustrating enough in this city, without adding a commute.



And even if the boy next door wasn't Mr. Right or even Mr. I Just Live Right Over There, I'd be home in time to pick up wherever I left off on Netflix



In search of love and convenience, Amber Shortt embarked on a one-mile Tinder experiment, only dating men in her neighbourhood. CHRIS SO/TORSTAR NEWS SERVICE



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JOHANNA SCHNELLER WHAT I'M WATCHING

Joplin doc shows, doesn't tell

THE SHOW: American Masters — Janis: Little Girl Blue (PBS, airs May 3)
THE MOMENT: The high school reunion

Janis Joplin, already famous, is back in tiny Port Arthur, Texas, for her tenth high school reunion, resplendent in round sunglasses, with pink and purple boas in her hair.

"Did you go to football games?" a local reporter asks.

"I think not," Joplin replies. "I didn't go to the prom."

"But you were asked," he persists.

"No, I wasn't," Joplin says quietly. "I don't think anyone wanted to take me." It's a sad beat. So, laughing, she makes a joke: "And I've been suffering ever since."

By this point in this documentary, director Amy Berg (An Open Secret) has shown us how Joplin's feeling like a perpetual outcast fueled both her pain and her art.

We've seen her shunned in Texas; we've heard her apologize in letters to her parents (read by Cat Power) for being a disappointment.



This Janis Joplin doc shows us how Joplin's feeling like a perpetual outcast fueled both her pain and her art. GETTY IMAGES

But what I love about this sequence is, Berg doesn't explain why in the hell Joplin would want to go to her reunion.

She doesn't have interviewees say, "She needed the acceptance," or "She wanted to rub their faces in it." Berg simply shows us the footage.

That is the mark of a good

doc. It feeds us information to a point, after which it trusts us to understand what we're seeing. It lets us sit with emotional moments and draw our conclusions. That's what we remember.

Something else I won't forget: The groovy, long-haired, dangerous-looking boys Joplin loved, whom we see in period

footage, are now sweet-looking, gray-haired or bald grandpas. Not a one can speak of her without choking up.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

STREAMING

Handmaid's Tale to star Elisabeth Moss

An adaptation of Margaret Atwood's totalitarian gender study The Handmaid's Tale will star Mad Men actress Elisabeth Moss.

The Golden Globe-winner will play the lead role of Offred in a series being produced by U.S. streaming service Hulu and MGM Television.

Atwood will be consulting producer on the show while its executive producers include Warren Littlefield, who helped bring Fargo to the small screen.

The Handmaid's Tale is set in a dystopian future in which women are property of the state.

After being torn from her daughter and enslaved by her male owner, Offred struggles to survive in the male-dominated society while searching for ways to reunite with her family.

The Handmaid's Tale was considered a breakthrough novel when it was published in 1985, winning the Governor General's Award for English fiction and the Arthur C. Clarke Award.

"The Handmaid's Tale is more relevant now than when it was written, and I am sure the series will be watched with great interest," Atwood said in a statement.

"I have read the first two

scripts and they are excellent. I can hardly wait to see the finished episodes."

Hulu says the series will begin production later this year for a scheduled premiere in 2017 on its streaming platform, which is only available in the U.S.

Canadian viewers will have to wait — a domestic distributor hasn't been announced yet.

THE CANADIAN PRESS



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NBA PLAYOFFS

Raps vs. Heat predictions

Storylines will emerge as the Toronto Raptors and Miami Heat get into their NBA Eastern Conference semifinal that begins Tuesday night at the Air Canada Centre.

Going in, though, here are some predictions:

Raptors will win if ...

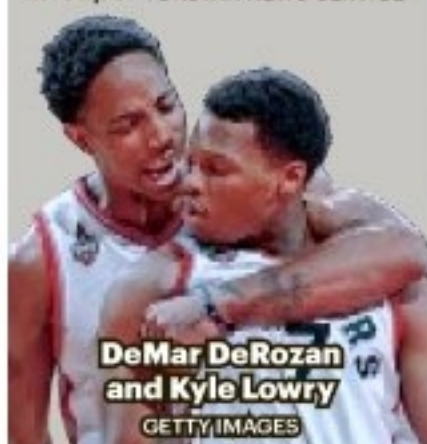
They ratchet up defence: Miami isn't the greatest shooting team all around and if the Raptors can limit the open looks, there will be long stretches of games where the Heat simply struggle to score.

Heat will win if ...

Whiteside runs wild: Hassan Whiteside can be a beast of a rim protector — he had a Miami playoff series record 24 blocked shots against Charlotte and if they can get that kind of play from him it takes away the ability of the Raptors guards to get to the rim and finish.

What will happen ...

It has all the makings of an even series, there are lots of similarities between the teams. There's going to be a lot of small ball played and some unconventional lineups. TORSTAR NEWS SERVICE



Plucky Pavelski giving Sharks real playoff bite

NHL

'Little Joe' has graduated to captain with flying colours

Joe Pavelski's transformation as an NHL player can be illustrated by the evolution of his nicknames.

The undersized former seventh-round pick who came into league known as "Little Joe" in comparison to teammate Jumbo Joe Thornton turned into the Big Pavelski when he became a core player in San Jose and is now simply known as the captain.

In his first post-season wearing the "C," Pavelski is leading in actions and words. He entered Monday tied for the NHL lead with six goals this post-season, with many coming at key moments like the go-ahead score late in Game 2 on Sunday night that helped San Jose take a 2-0 series lead in the second round against Nashville.

"It's just an exciting time of the year," Pavelski said. "It's what you play for. You play all 82 games to set yourself up to get into this spot, and now that you're here you lay it on the line." Pavelski has done that his whole career, with 32 career post-season goals, including six game winners. Pavelski has 10 points already this post-season



Sharks centre Joe Pavelski celebrates after scoring against the Nashville Predators during Game 2 in their Western Conference semifinal series on Sunday. Pavelski entered Monday tied for the NHL lead with six goals in the post-season. TONY AVELAR/THE ASSOCIATED PRESS

and some of the team's biggest goals as San Jose has won six of its first seven post-season games.

The go-ahead goal with 2:40 remaining in Game 2 against the Predators was just the latest example. Pavelski also scored the game-winner in the third period of the first-round opener against Los Angeles, opened the scoring in Game 2 and scored the key insurance goal in the Game 5 clincher in Los Angeles.

Most of those goals have come from right near the net where

Pavelski's superior hand-eye coordination makes him one of the best in the league at deflecting shots and pouncing on rebounds like he did against the Predators on Sunday.

"He gets to the right areas," teammate Tommy Wingels said. "Guys in this league score goals different ways. The majority of Pav's goals, some are real nice highlight reels but a lot of them are in the dirty areas. He's not the biggest of guys or the fastest of guys but he finds a way to

get in those areas. That's tough to do."

Pavelski has far exceeded expectations as a seventh-round pick in 2003. He is third in the NHL in goals over the past five seasons with 163 and is one of the most versatile players in the league.

He is capable of playing on the wing or at centre, killing penalties or on the power play, providing a key goal or shutting down the opposition's top line. He does it all despite standing

SUSPENSION

Capitals blue-liner Orpik OK with 3-game ban

Washington Capitals defenceman Brooks Orpik says he has no problem with the three-game suspension the NHL levied on him for making contact with Pittsburgh Penguins defenceman Olli Maatta's head in Game 2 on Saturday night.

Orpik called the decision "fair" while speaking to reporters following Washington's morning skate on Monday ahead of Game 3. The league took issue with the nature of Orpik's hit on Maatta early in the first period of Pittsburgh's 2-1 victory in Game 2.

Maatta wasn't in the lineup Monday night.

THE ASSOCIATED PRESS

Go to metronews.ca for coverage of Penguins-Capitals Game 3

just 5-foot-11 and lacking elite skating speed.

"All he cares about is winning," coach Peter DeBoer said. "There's not a selfish bone in his body as far as his own personal numbers or agenda. It's all about winning." THE ASSOCIATED PRESS

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RECIPE Cobb Salad



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

This diner classic really deserves a place in your home as well. More of an assembly job than anything else, this healthy dinner comes together quickly.

Ready in

Prep time: 30 minutes
Cook time: 15 minutes

Ingredients

- 6 bacon slices
- 1 head of romaine, thinly sliced
- 4 oz feta, crumbled
- 1 avocado, diced
- 2 tomatoes, diced
- 2 chicken breasts
- 2 Tbsp olive oil
- 3 cloves of garlic, minced
- 1 Tbsp fresh thyme
- 1/4 cup white wine vinegar
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Whisk together garlic, thyme, vinegar, oil, salt and pepper. Place chicken in a shallow bowl and cover in marinade. Cover in cling film and place in the fridge for 10 to 30 minutes.

2. Sauté bacon until crisp. Drain on a paper towel. Cut or crumble into pieces

3. Grill chicken on top rack of oven at 475 degrees until cooked, about 5 minutes a side depending on the thickness. Allow meat to rest a few minutes and then slice across the breasts to make thin strips.

4. Arrange lettuce on a large platter. Now layer your ingredients in stripes across the lettuce. Serve with the salad dressing of your choice.

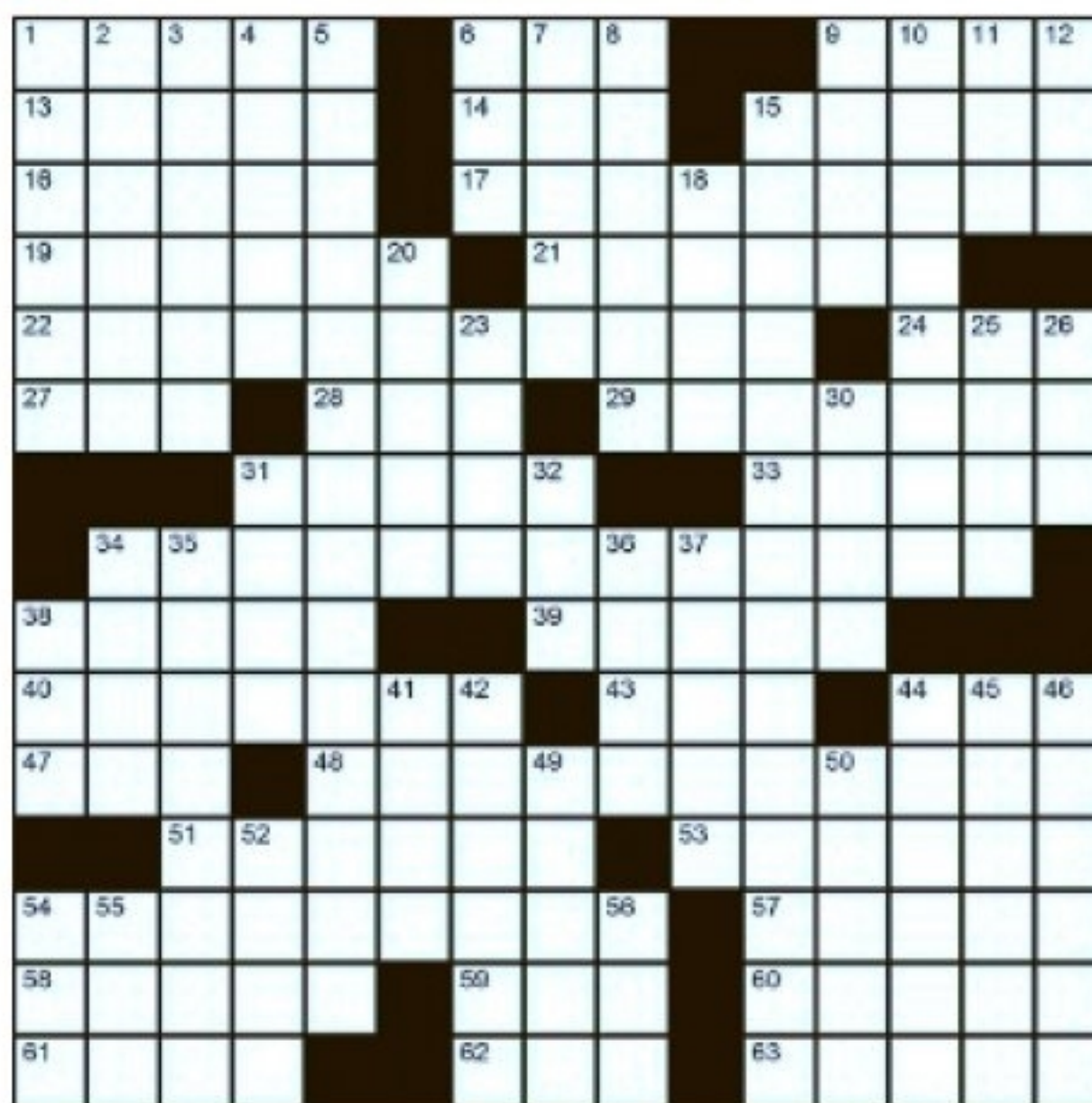
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BY KELLY ANN BUCHANAN

ACROSS

1. _ the boards (Act)
6. US driver's speed
9. Jason _ (BC Sports Hall of Fame curator, author of the new book at #22-Across)
13. Montreal Metro station, _-Bourassa
14. Dublin's li'l country
15. Mathematical proportion
16. Participate
17. Fighter jet groups: 2 wds.
19. "Rawhide" singer Frankie's
21. Polished in style
22. The _ _ : Stories of the 1954 British Empire and Commonwealth Games
24. Bond
27. Ginger beverage
28. _ Mahal
29. Flooring purchases
31. _ _ _ break (Pause for the commercials)
33. Theatrical work, _ Godunov
34. Canadian who won silver in the heavy-weight boxing final, regarded as one of the Top 10 moments of the 1954 British Empire and Commonwealth Games: 2 wds.
38. Houston's home
39. _ piano
40. Use the blue bin
43. 'North' suffix
44. Pro bono
47. TV spot
47. "People _ People" by Depeche Mode



48. Exuberance: 2 wds.
51. Truly
53. Mr. Jackson, and namesakes (Ice Cube's real name)
54. Bringing back a movie role
57. Dessert selection
58. Petal product

- in perfumery
59. D.C. politician, e.g.
60. Suffixes with 'Exist' and 'Persist'
61. Boston's state, for short
62. PC keyboard key
63. Bassoon props

DOWN

1. " _ & Louise" (1991)
2. Fasten with a hammer again
3. Complete
4. Region
5. Atom Egoyan's seat: 2 wds.
6. NBA's Heat city, briefly

7. Spectrum source
8. Courageous
9. Country outbuilding
10. And so forth: 2 wds.
11. Business... Co., in French
12. Boxing stats
15. Four-minute-bar-

- rier-breaking English athlete who won the historic race in Vancouver, as per the title at #22-Across: 2 wds.
18. Chick- _ _ (American restaurant chain)
20. Grey, like some stone
23. Internet occupation, say
25. Put _ _ writing
26. Winding shape
30. Water lily's water
31. Singer Macy
32. Summer mo.
34. Will of "The Waltons"
35. Book passages
36. Music loudness increase [abbr.]
37. Marx Brothers member
38. _-la-lal
41. Abner, et al.
42. Church, in Chicutimi
44. Mr. Brosnan
45. Declared
46. Evaluate
49. Canadian actor, Tyler _
50. France: Winery river valley
52. Historic chapters
54. Aries animal
55. Greek letter
56. 'Live Well' health supplements store

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
The Moon in your sign today makes you more emotional than usual. Therefore, guard against power struggles with authority figures. (You have been warned.)

Taurus April 21 - May 21
You might feel disgruntled about something today. Things are not flowing as well as you'd hoped. Just cruise for a while, because this is short-lived and tomorrow is a lovely day.

Gemini May 22 - June 21
Avoid power struggles with friends or groups today, because you will only regret it. You know that you love to have an adoring peanut gallery. Let's keep it that way.

Cancer June 22 - July 23
A power struggle with an authority figure is likely today; however, you can avoid this. Demonstrate grace under pressure. Wait until tomorrow, which is a smooth day.

Leo July 24 - Aug. 23
Steer clear of controversial subjects like politics, religion and racial issues today, because power struggles are likely. Mum's the word.

Virgo Aug. 24 - Sept. 23
Arguments about shared property, taxes, debt and inheritances are likely today. Therefore, don't even go there. Wait until tomorrow, which is a fine day.

Libra Sept. 24 - Oct. 23
Be patient with partners and close friends today to avoid family conflicts. You like to debate, but you don't like harsh conflict. Just coast until tomorrow, which is an easy day.

Scorpio Oct. 24 - Nov. 22
Do not try to persuade co-workers to agree with you today. Do not try to impose your ideas for improvements at work. Just let things simmer, because tomorrow is the day to do this.

Sagittarius Nov. 23 - Dec. 21
Parents need to know to avoid power struggles with their kids today. Why do this? It only makes everyone miserable. Wait a day to address any important issue, because tomorrow is just fine.

Capricorn Dec. 22 - Jan. 20
Ego battles with family members might take place today. (You need this like a fish needs a bicycle.) If there's something important to say, wait until tomorrow.

Aquarius Jan. 21 - Feb. 19
If you need to convince others today, you will do so; however, you might be ruthless. If you want to convince someone and leave the person smiling, wait until tomorrow.

Pisces Feb. 20 - March 20
You might feel obsessed about buying something today. "I must have it!" Best to postpone financial negotiations until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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